

**Dr Elena Mucci "The Common Sense Adviser"**  
*Award winning Consultant at the Conquest and Spire Hospitals*

## **"Avoiding Frailty in Older Age"**

**Sedlescombe Village Hall, Church Hill, TN33 0PQ**

**Wednesday 17 April 2019 at 6.30 pm - Doors Open at 6.00pm**

**Free entry – Refreshments available**

**People in Older Age are Important - Keep fit & healthy!**

Prevention of Falls - Vitamin D deficiency

Avoiding Incontinence - Ways to Avoid Dementia

*Do you need all those Medicines?*

The impact of Smoking, Alcohol and Diet

Help yourself and your GP - Become your own Doctor

**Keep control of Your Life!**

What people said!

*"Funny, clever and interesting – so many things I hadn't thought about that will keep me safer and healthier as I get older – all in an hour"*

*"Entertaining and thought provoking – this could change my future".*

If you would like to attend this event and would like help with transport – please contact the Ferry Road Health Centre Patient Participation Group via the surgery and leave your contact details.